

Thank you for purchasing Basica Direct®, a German quality product. With almost 100 years of experience, Basica Direct® is continuously adapted to the latest scientific nutritional findings. It is produced and examined according to the highest scientific and quality standards which you can rely on every day.

Basica® Energy Diet Acid reduction – noticeable energy

A stable acid-base balance and a functioning energy metabolism are important conditions for vitality and performance.

In our stressful everyday life, time often lacks to maintain the well-balanced nutrition which the body needs in order to neutralize acid.

Basica Direct® supplies the body with alkaline minerals and valuable trace elements:

- Zinc contributes to normal acid-base metabolism and is important for normal cognitive function
- Magnesium helps to reduce tiredness and fatigue
- Calcium and magnesium support the normal energy-yielding metabolism

Excess acid caused by unbalanced nutrition

According to proven nutritional findings, nutrition with a high consumption of meat, sausage, cheese and cereals delivers excess acid. A sufficient consumption of fruits or vegetables provides alkaline minerals in order to neutralize acid.

Lacking supply of minerals

Tiredness, fatigue and decreasing cognitive functions can be the first signs of a lack of minerals and micronutrients in the body. Diets and fasting periods can also cause a deficiency in mineral supply.

Noticeable energy with Basica®

Basica Direct® provides your body with alkaline minerals in the form of organic mineral compounds and micro-nutrients. Zinc contributes to normal acid-base metabolism. Magnesium helps to reduce tiredness and fatigue. The combination with calcium supports the energy-yielding metabolism. Additionally, zinc contributes to normal cognitive function.



Important information

How to further activate your metabolism with Basica® energy diet:

- Daily exercise, for example running, cycling or Nordic walking. Sweating once in a while is good for circulation and activates your metabolism.
- Try to relax consciously every day. Breathing exercises, yoga or a relaxing bath help to reduce stress.
- Drink at least 2 litres of mineral water, unsweetened fruit juice spritzers or – for a change – herbal or fruit tea a day. An extensive supply of fluid is necessary to excrete acid more easily via the kidneys.

Basica® Energy Diet
Acid reduction – noticeable energy

Product information Basica Direct®

- Quickly dissolving granules for direct use
- For direct intake without water
- Sugar free
- Gluten and lactose free

Information for diabetics:

1 daily dose (2 sachets) contains 0.2 CU

Package size:

30 sachets

1 daily dose (2 sachets)

contains:		% NRV*
Calcium	240 mg	30 %
Magnesium	400 mg	107 %
Zinc	5 mg	50 %
Molybdenum	50 µg	100 %
Chromium	40 µg	100 %
Selenium	30 µg	55 %

* Nutrient Reference Value according to EU-regulation

Recommended daily intake:

One sachet mornings and evenings. Can be taken independently from meals.

If desired drink some liquid afterwards.

Basica Direct® can be taken daily, without any time restrictions.



Ingredients:

Sweetener sorbitol, calcium citrate, acidity regulator potassium tartrate, magnesium citrate, magnesium oxide, anti-caking agent calcium salt of fatty acids, zinc citrate, natural flavour, sodium molybdate, chromium chloride, sodium selenite.

Basica® product portfolio



For dissolving Basica Vital® pure

Alkaline powder quickly soluble in water or juice (20 sachets / 50 sachets)



For mixing Basica Vital®

Alkaline granules easy to mix when cooking or baking (200 g / 800 g granulate)



For swallowing Basica Compact®

Convenient alkaline tablets while at home or travelling (120 tablets / 360 tablets)



For direct intake Basica Direct®

Alkaline granules for direct use without water (30 sachets / 80 sachets)



To drink Basica Instant®

Quickly dissolving alkaline drinking powder with fruity orange flavour (300 g powder)



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